

PSY 130
Review Test #13 Chapter 13

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1. Which of the following statements about cholesterol is true?
 - A. It increases cardiovascular risks.
 - B. It has been linked to anemia.
 - C. Its level seems to be genetically determined and thus difficult to control by diet.
 - D. It is not related to fat consumption.

2. Adequate sleep improves the learning of _____ motor skills.
 - A. complex
 - B. fine
 - C. gross
 - D. none of these

3. According to your textbook, one method of helping people transition from school to work would be an increase in _____ work.
 - A. part-time
 - B. full-time
 - C. home
 - D. contracted

4. The leading cause of death among young adults is
 - A. accidents.
 - B. suicide.
 - C. heart disease.
 - D. homicide.

5. The most common cause of female infertility is
 - A. the production of abnormal ova.
 - B. blockage of the fallopian tubes.
 - C. residue from taking "the pill."
 - D. mucus in the cervix that prevent sperm from penetrating the ova.

6. Statistically speaking, the use of illicit drugs peaks at ages
 - A. 15 to 17.
 - B. 22 to 24.
 - C. 20 to 22.
 - D. 18 to 20.

7. Apparently, women seek medical attention more frequently than men because they
 - A. tend to be hypochondriacs.
 - B. are more health-conscious.
 - C. are in worse health than men.
 - D. are preoccupied with illness.

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8. Jaedyn applies what she learns at work during her evenings out with friends. Jaedyn's carryover of knowledge is predicted by the _____ hypothesis.
 - A. progressive
 - B. delayed
 - C. sluice gate
 - D. spillover

9. Which of the following statements about health among racial and ethnic groups in young adulthood is TRUE?
 - A. African Americans are more likely to die than white people of the same age.
 - B. Young black adults are 20 times more likely to have high blood pressure than young white adults.
 - C. Homicide is a leading cause of death for young African American men.
 - D. All of these.

10. A heightened sense of well-being and less stress are experienced by individuals who
 - A. are experiencing young adulthood.
 - B. come from large families.
 - C. have good medical insurance.
 - D. maintain healthy social relationships.

11. Smoking tobacco is related to all of the following health problems EXCEPT
 - A. lung cancer.
 - B. bladder cancer.
 - C. liver damage.
 - D. ulcers.

12. The theories of both Kohlberg and Gilligan put _____ at the highest level of moral thought.
 - A. self-sacrifice
 - B. compassion and care
 - C. moral contradictions
 - D. responsibility to others

13. Losses in vision and hearing typically occur
 - A. in adolescence.
 - B. gradually, after a peak in young adulthood.
 - C. abruptly, at about age 50.
 - D. not until late adulthood, then the decline is rapid.

14. Premenstrual syndrome (PMS) is
 - A. an emotional disorder with no physical symptoms.
 - B. experienced before the menstrual period and then declines.
 - C. another term for dysmenorrhea or menstrual cramps.
 - D. of emotional origin.

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15. A review of research on moral development in adulthood found that
 - A. men consistently achieve higher levels of moral reasoning.
 - B. women consistently achieve higher levels of moral reasoning.
 - C. gender differences are significant in adulthood but not in adolescence.
 - D. gender differences are insignificant across the life span.

16. The most popular illicit drug used among young adults is
 - A. marijuana.
 - B. prescription medications.
 - C. methamphetamine.
 - D. crack cocaine.

17. Tonya left for college with every intention of repeating the high performance she achieved in high school. Unfortunately, in her first semester she is participating in high-risk behaviors (such as having unprotected sex and riding in cars driven by unsafe drivers), spending less time studying, and getting lower grades. All of this is most likely due to
 - A. the classes she has chosen.
 - B. not having a roommate to talk to.
 - C. her newfound and frequent use of marijuana.
 - D. her unfortunate choice of schools.

18. Tehra is 28 years old. Which aspect of her sensory capabilities is already likely to be undergoing a decline in function?
 - A. vision
 - B. hearing
 - C. taste
 - D. smell

19. In the United States, HIV has been most prevalent among
 - A. lesbian women.
 - B. heterosexual men and IV drug users.
 - C. homosexual men and IV drug users.
 - D. homosexual and bisexual men.

20. Both reasoning abilities and fundamental changes in the way people think are usually part of the college experience. For example, college students
 - A. come to see that knowledge and values are universal and unvarying.
 - B. recognize that individuals do not have their own point of view.
 - C. realize that many opinions on issues may be as valuable as theirs.
 - D. learn to base their beliefs and judgments on those of their peers and professors.

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21. College courses have been made available through the mail, e-mail, the Internet, telephone, and video. All of these formats are referred to as
 - A. commuter education.
 - B. adult education.
 - C. distance learning.
 - D. community college.

22. Kohlberg believed that moral development is advanced by all of the following EXCEPT
 - A. cognitive growth.
 - B. confronting conflicting values away from home.
 - C. experiencing sustained responsibility for the welfare of other people.
 - D. adopting a female perspective.

23. The ability to recognize and deal with one's own feelings and the feelings of others is called
 - A. emotional intelligence.
 - B. cognitive intelligence.
 - C. cognitive emotions.
 - D. intelligence.

24. Schaie's proposal of age-related cognitive development suggests a need to develop a new kind of _____ tests for adults.
 - A. achievement
 - B. aptitude
 - C. intelligence
 - D. vocational

25. Females are more likely than males to select which of the following as a major in college?
 - A. psychology
 - B. architecture
 - C. science
 - D. engineering

26. The leading type of cancer deaths, in both women and men, is _____ cancer.
 - A. cervical
 - B. lung
 - C. liver
 - D. bladder

27. Sternberg's theory regarding the nature of intelligence focuses on
 - A. aspects of intelligence that become more important in adulthood.
 - B. adults' changing recognition of what is important in their lives.
 - C. thinking that relies on pure logic.
 - D. moral reasoning.

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28. Research studies have show that when students work more than _____ hours a week at a job, it seems to have a negative effect on their academic achievement.
- A. 10 to 15
 - B. 15 to 20
 - C. 8 to 10
 - D. 5 to 8
29. Which of the following is NOT significantly affected by the menstrual cycle?
- A. memory
 - B. sight
 - C. weight
 - D. anxiety
30. Generalizing from the text: Which of the following young adults is most likely to suffer from high blood pressure?
- A. Asian female
 - B. White male
 - C. Asian male
 - D. African American male
31. Studies show that people who give up smoking can improve their health
- A. if they stop before about 40 years of age.
 - B. only if they do not smoke for 8 or more years.
 - C. if they quit abruptly.
 - D. no matter how and when they stop.
32. A time when young people are no longer adolescents but have not yet become fully adult is called
- A. later adulthood.
 - B. later childhood.
 - C. emerging adulthood.
 - D. early adulthood.
33. Recent evidence suggests that the risk of a fatal heart attack is reduced in people who
- A. never drink alcohol.
 - B. have 3 to 4 drinks daily.
 - C. drink lightly to moderately.
 - D. drink heavily.
34. Research suggests that moderate drinking may have health benefits for many people, but others who drink alcohol develop alcoholism, which
- A. is usually only a minor inconvenience to the individual and his or her family.
 - B. is associated with long-lasting changes in neural-signal transmission patterns.
 - C. is not seen as a disease.
 - D. is defined as being drunk every day, or at least 6 out of every 7 days.

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35. Ginny wishes to take steps to maximize her health in young adulthood. She should do all of the following EXCEPT
- A. eat breakfast.
 - B. exercise moderately.
 - C. eat snacks regularly to keep from overeating at mealtimes.
 - D. drink moderately or not at all.
36. Risks of heavy use of alcohol include
- A. liver damage and other gastrointestinal disorders.
 - B. stroke.
 - C. death from automobile accidents and other violent causes.
 - D. all of these.
37. The textbook reports the prime time and place for drinking to occur is
- A. high school.
 - B. college.
 - C. adolescence.
 - D. middle adulthood.
38. Obesity is defined as having a body mass index (BMI) of _____ or higher.
- A. 15–19.
 - B. 20–24.
 - C. 40 or higher.
 - D. 30 or higher.
39. Which of the following patterns of thinking is associated with postformal thought?
- A. ability to think both practically and abstractly
 - B. believing that problems have only one possible solutions
 - C. reliance on formal logic rather than on intuition
 - D. delaying the choice of personal beliefs until one is certain about them.
40. Women's hardiness in comparison with men has been attributed to
- A. the presence of two X chromosomes.
 - B. hormonal protection.
 - C. greater awareness of bodily functioning as a result of menstruation and pregnancy.
 - D. all of these.
41. Gerry has a slightly above-average IQ, gets mediocre grades, but is a whiz at coming up with a new theory or a fresh interpretation of familiar facts. According to Sternberg, she seems to be strongest in which aspect of intelligence?
- A. componential
 - B. experiential
 - C. contextual
 - D. tacit

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42. Work arrangements have changed so that more adult occupations are
- A. self-employed.
 - B. working at home.
 - C. private contractors.
 - D. all of these.
43. Which of the following reasons was NOT mentioned in your text as an explanation for the “obesity epidemic”?
- A. the availability of fast foods
 - B. high-fat diets
 - C. participation in after-school sports programs
 - D. labor-saving technologies
44. Some investigators have proposed a distinctly adult stage of cognition beyond Piaget’s formal operations called _____ thought.
- A. mature
 - B. postformal
 - C. pragmatic
 - D. abstract
45. Work affects day-to-day life as it creates
- A. satisfaction.
 - B. stress.
 - C. both of these.
 - D. neither of these.

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Key

1. (p. 475) A
2. (p. 477) A
3. (p. 505) A
4. (p. 474) A
5. (p. 487) B
6. (p. 479) D
7. (p. 483) B
8. (p. 504) D
9. (p. 482) D
10. (p. 483 - 484) D
11. (p. 478) C
12. (p. 499) D
13. (p. 474) B
14. (p. 484) B
15. (p. 499) D
16. (p. 480) A
17. (p. 480) C
18. (p. 474) B
19. (p. 485) D
20. (p. 502) C
21. (p. 500) C
22. (p. 495) D
23. (p. 494) A
24. (p. 492) C
25. (p. 500) A
26. (p. 478) B
27. (p. 493) A
28. (p. 504) B
29. (p. 485) B
30. (p. 482) D
31. (p. 479) D
32. (p. 473) C
33. (p. 479) C
34. (p. 480) B
35. (p. 476) C
36. (p. 479) D
37. (p. 479) B
38. (p. 476) D
39. (p. 487) A
40. (p. 482) D
41. (p. 492) B
42. (p. 503) D
43. (p. 476) C
44. (p. 487) B
45. (p. 505) C